

Health Help International

Tidings



September 2026

India Update

Happy Valley

Our plans for a permanent home for Happy Valley, our special needs centre in Kerala, have had their ups and downs. Plan A was to buy a building plot and build a bespoke building; this was the idea at the start of the year. Then a large building, a former school, became available at a good price. We took a deep breath and decided that we would buy it. But a surveyor's report showed that it was poorly built; it would need a lot of money spending on it, both immediately and longer term, so we pulled out.

Fortunately the building plot that we described in the last Tidings was still available. Philip was able to find buyers for the excess land at a good price, reducing the nett cost to us, and the sale is going ahead as I write.

The priorities are site clearance, building a boundary wall, engaging an architect to design a suitable building, and digging a well. By then we should have a better idea of what the project will cost, how much Philip is able to raise locally, and how much we will need to contribute.



Part of the building plot

Fortunately our appeal last year was very successful due to your wonderful generosity, so we have some money in hand for this already.

Philip is hoping that the new building can be completed by the end of the current financial and academic year (March 31st). Please pray that this will all go ahead smoothly.

Around the Neyyar Dam

In the last Tidings we described Manoj's family – they have two disabled children of their own and they have adopted a third. We have helped them financially for a number of years, and your generosity has enabled us to increase this help recently. But then another disaster struck in the form of the annual monsoon – climate change has made these more unpredictable and often more violent. A strong wind ripped the roof off their home and the rain ruined their few meagre possessions.

We were able to send out money for immediate help, but they need more to replace the roof with a permanent structure.



Damaged roof



*Replacement bedding
for Manoj's family*

Kumari Dilsha

One of the other people whom we have been able to help recently is Kumari Dilsha, a 15 year old girl. She and her younger brother have had a bad start in life; their parents have both run away for other partners, leaving their grandparents to look after them.

Then last month she had a tragic accident. Whilst walking in the village she slipped on a stone and fall awkwardly, damaging her back bone and spinal cord. She was admitted into Trivandrum Medical College Hospital who said that an urgent operation was needed if she was to walk again. But the waiting list was long, so they had to take her to a private hospital where the operation was performed in June.

But she was not fully cured . She is still in the hospital. Many good people have supported her operation financially, and we were able to give Rs. 15,000 (£120) as well. But she needs more help. We are assessing what we can do.



Dilsha in better times

There are many other needy people in the area whom we have been able to help – thanks to you we have been able to expand the number since my last visit.

Sathy is a young man with cerebral palsy. When he was diagnosed his father absconded, leaving his family destitute. We are now helping the family with a monthly sub.



Sathy – alone and helpless



Help for Liji

Liji had a stroke three years ago. Her husband left her and her two young children. The stroke left her immobile and mute. Treatment at the Medical College Hospital has restored some movement and

speech. She lives with her mother Yesinda (who does Panchayat work (workfare)) and Yesinda's mother-in-law (who has a tiny pension), but Liji is dependent on charity. We now help her regularly.

Dilack, an 87 year old man, had a stroke three years ago, and then he was bitten by a snake. He also suffers from Parkinson's disease. A mixture of ayurvedic medicines for the bite and western meds for the stroke and Parkinson's cost about £12 a week – a lot by Indian standards.



Dilack



Ambili is a widow – her husband died of a brain tumour. She had a son who was mentally limited and who married a girl who was similarly afflicted before dying, leaving Ambili to look after her two grandchildren. They are given a bit of rice, but nothing else, so were in great need.

Just £10 a month makes a huge difference to these people. Money goes a long way in rural India!

Strathaven Open Gardens Days

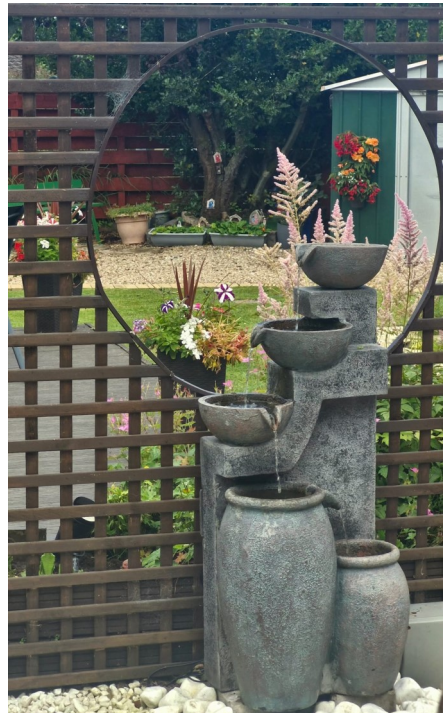
On the weekend of 25th and 26th July Strathaven Friends of HHI held an Open Gardens Days event. Twelve gardens were open to the public and the visitors loved it. They enjoyed seeing the beautiful gardens, which are mostly hidden throughout the year, and the owners got the chance to show off the rewards of their labours. There was a steady stream of visitors over the two days and lots of chat about planting, planning, growing and pruning.

Teas, coffees and cakes were available at several gardens which added greatly to the feel good factor on the day. The home grown produce and homemade jams and chutney available at Iain Park's garden were very popular and all items sold out on day one.

Visitors were encouraged to take photos on their way round and submit their best three to the Photographic Competition. These were judged by a member of the Strathaven Camera Club and prizes have been awarded to the best two adult entries and the best junior one.

The latter, taken by a 14 year old girl, was adjudged to the best of all the entries received. 

The gardens event was very popular with visitors and owners alike and over £2,200 was raised for HHI. A win, win, win for all concerned.



Alternative Gift Catalogue

Gifts that change lives
throughout the year

Health Help International

Supporting Medical Work

This is perhaps the most important aspect of our work and is reflected in our title - **Health** Help International. It naturally consumes a large proportion of our income.

Gift Code	Description	Cost £
M01	A visit to a physiotherapist	5.00
M02	A month's help with the cost of medicines	10.00
M03	Zimmer frame	10.00
M04	A week's supply of nutritious food for malnourished children in Monze Mission Hospital	15.00
M05	12 packs of diapers for an incontinent patient	20.00
M06	Wheelchair repair	20.00
M07	A week's dialysis (3 visits)	25.00
M08	Nursing support at Thanal House for a month	40.00
M09	Cost of attending specialist hospital appointment	60.00
M10	Medical Camp in Orissa	80.00
M11	Wheelchair	100.00
M12	Nursing assistant - costs for a month	120.00

Alternative Gift Catalogue

Supporting the Community

We have a number of projects in progress in India and Zambia that require ongoing funding and/or materials to maintain their viability. We also seek to provide little 'extras' for children in particular.

Gift Code	Description	Cost £
C01	Food for a family with a disabled member for one month	10.00
C02	One week's pay for an animator (facilitator) of credit unions / self-help groups	13.00
C03	Support one person for a month at Thanal House	20.00
C04	A sewing machine	40.00
C05	One month's salary of sewing teacher	70.00
C06	Pit Latrine	120.00
C07	Well	250.00

General Support

Gift Code	Description	Cost £
G01	A top-up gift for general funds	Donor's choice

Alternative Gift Catalogue

Supporting Education

School pupils and older students need support for all aspects of their education: fees, clothing, equipment, etc. In addition, new teachers need to be trained.

Gift Code	Description	Cost £
E01	Gift for a child	5.00
E02	Educational materials for special needs children	5.00
E03	Menstrual hygiene packs for schoolgirls	10.00
E04	Midday meal at Muumba Primary School for every child	20.00
E05	Food at a special needs school for everyone for one week	40.00
E06	One term's residential fees for a disabled child in Zambia	70.00
E07	One year's residential fees for a disabled child in Zambia	210.00

Supporting Agriculture/Nutrition/Self Sufficiency

Good food is one of the keys to good health. The gifts in this section will help many people enjoy the benefits of growing vegetables and fruit or rearing their own animals for food and/or milk.

Gift Code	Description	Cost £
A01	Seeds and fertilizer	10.00
A02	Coop and chickens	30.00
A03	Goat	80.00
A04	Calf	200.00
A 05	Cow	400.00
A06	Irrigation system	700.00

Order Form

Please use **BLOCK CAPITALS**

Forename: _____ Surname: _____

Address: _____

_____ Postcode: _____

Email: _____

Organisation (if applicable) _____ Telephone: _____

I/We should like to donate to HHI using your Special Gifts scheme and I/we have chosen the following:

Gift Code	Description	Cost (£)	Quantity	Total (£)
Grand Total				£

If the demand for a specific item is exceeded by the donations, we reserve the right to substitute a similar item from the same category.

Please make cheques payable to **Health Help International** and send to: HHI, Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX (tel. 01 633 67 10 55) **OR** order online and e-bank your donation to

30-96-00 a/c 00012615 using your name as reference.

If you pay income tax and/or capital gains tax and would like to increase your donation by around 25%,

I would like Health Help International to treat the enclosed donation of £_____ as a Gift Aid donation. **Declaration:** I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Tick here to confirm: ☐

Office Use Only

Date despatched: _____ Entered in record book ☐

Zambia Update

A big 'thank you' from the Dimuna family.

Mr and Mrs Dimuna are absolutely delighted with the extension which has been completed to what was their very small, basic home. Thanks to your amazing support, HHI managed to pay for an extra room to be added to their crowded living space which means that the family can now lie down and sleep in two separate rooms. There are nine children in the Dimuna family, four of whom are totally blind. The blind boys, Nchimunya, Nalu, Auther, and Fabian are very happy as you can see from the pictures below. A *WhatsApp* message of appreciation was sent to the UK via HHZ with the word 'Thank you' being clearly spoken by the eldest boy, Fabian.

We would also like to say a big 'thank you' to the friends and family of our HHI team member Tim Hatherall, who suddenly passed away earlier this year. Money donated in his memory at his funeral has helped considerably to complete the interior decoration of the extension and pay for the provision of interior doors. Tim's memory lives on each day providing peace and dignity for this vulnerable family.



Dimuna family house extension completed.



Four blind boys now have their own sleeping space.

An Environmentally Friendly Partnership



In March, earlier this year, HHZ were asked to enter into a partnership with the Jacana Foundation to provide irrigation solar pumps to farmers in the surrounding communities. It is a collaboration aimed to enhance agricultural productivity and support families, particularly those with persons with disabilities. HHZ received the solar panels and pumps from the Jacana Foundation to distribute to those living in rural areas and who have a water source. The HHZ staff received training in how the pumps should be used and maintained, and during their outreach visits they have delivered 25 pumps to vulnerable and disabled people such as Priscilla in Ntambo and the Dimuna Family. Once the water has been pumped manually into a tank or container from the well, the solar panels then power a pump to pump the water into water pipes which consistently delivers the water to the crops. The results have already been seen in that maize is being stored (below left) and cabbages are flourishing, (below right).



The Gift of Education



Mercy

The gift of education for a term in a special needs school is invaluable. So often the parents of disabled children in Zambia cannot afford the residential school fees and sadly, in some cases, education for a disabled child is not thought to be a priority. Indeed, often we receive reports from HHZ which tell of parents abandoning their disabled child and grandparents having to step in to care for them. This was the case for Mercy Mutelo who was born blind and is now 22 years old. She was abandoned at the age of 5 and is currently being cared for by her grandmother. She has attended St Mulumba's Special school for several years with HHI funding.

Unfortunately, she didn't perform too well in her year 10 final exams, but she really wanted to try again and do better. Thanks to a recent Education gift received from new HHI supporters, funding has been delegated to Mercy and she has been offered a place at Maamba Special School. She is over the moon and has settled in very well. She is determined to succeed, and she is hoping to become a special needs teacher.

We wish you all the best Mercy and we give thanks for generous donations to HHI from inspiring new supporters.



Mercy in the HHZ office being helped by the HHZ administrator to sign on receipt of her school fees.

**We give thanks to God for all that has been achieved
in India and Zambia in His name.**

A date for your diary:

Friday 18th September 2026



The members of

Chepstow Male Voice Choir

are pleased to present a **Charity Concert** at 7.00 p.m. in the Drill Hall, Chepstow, on 18th September 2026, to support the work of **HHI**.

An occasion NOT to be missed!



You are invited to attend

HHI's Supporters' 2026 Autumn 'Get-Together'

on

Saturday 14th November: 3.00 p.m.



Come along to **Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX** for an informal time of fellowship, a cuppa and a chat, and gather together for a more formal presentation of the current situation of the HHI projects helping those in need in India and Zambia.

Need a mid-week speaker or someone to lead a Sunday service?

If you would like one of our team to speak about the work of HHI at a meeting of a church group or of an organisation to which you belong, or to lead worship at a Sunday service, please contact us using the 'phone number or the email address given at the bottom of this page, and we'll do our best to accept your invitation.



Health Help International

(registered charity no.1078353)

Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX

tel: 01633 671055; email: office@hhi.org.uk; web: www.hhi.org.uk

Bank: Health Help International, sort code 30-96-00, account no. 00012615

